

AMENDMENTS TO THE CLAIMS

In the Claims

The claims are amended as follows:

1. (Currently Amended) A resistance training device comprising:

a conformable base; and

one or more resistance arms affixed to said conformable base, the one or more resistance arms provide multiple levels of resistance by employing multiple resistance arms of varying strengths for each resistance training exercise.
2. (original) The device of Claim 1 wherein a plurality of resistance training exercises are executable with said device.
3. (Withdrawn) The device of Claim 2 wherein said one or more resistance arms provide multiple levels of resistance for each resistance training exercise.
4. (Withdrawn) The device of Claim 3 wherein said multiple levels of resistance are achieved by employing multiple resistance arms of varying strengths.
5. (Currently Amended) The device of Claim 1 wherein ~~said multiple levels of resistance are achieved~~ the one or more resistance arms provide multiple levels of resistance by employing multiple resistance arms of similar strength for each resistance training exercise.
6. (original) The device of Claim 1 wherein said one or more resistance arms comprise one or more lengths.
7. (original) The device of Claim 6 wherein said one or more lengths are adjustable.
8. (original) The device of Claim 1 wherein said one or more resistance arms comprise one or more degrees of elasticity.

9. (original) The device of Claim 1 wherein said one or more resistance arms are removable.
10. (original) The device of Claim 1 wherein said conformable base is inflatable.
11. (original) The device of Claim 1 wherein said resistance arms are elastic.
12. (original) The device of Claim 1 wherein said conformable base supports the weight of a user.
13. (original) The device of Claim 1 wherein said one or more resistance arms comprise one or more handles.
14. (original) The device of Claim 13 wherein said one or more handles are removable.
15. (original) The device of Claim 1 further comprising one or more fixtures that permit use of one or both of a user's feet in order to execute resistance training.
16. (original) The device of Claim 15 wherein said one or more fixtures are removable.
17. (original) The device of Claim 1 wherein said one or more resistance arms are affixed to said conformable base in one or more positions.
18. (original) The device of Claim 1 wherein said conformable base is spherical.
19. (original) The device of Claim 1 wherein said conformable base comprises polyvinyl chloride, latex, natural or synthetic or butyl rubber, elastomer, vinyl, nylon, fabric, foam, neoprene, solid foam rubber, plastic, foam PVC, or combinations thereof.
20. (original) The device of Claim 1 wherein said device is portable.
21. (original) The device of Claim 1 wherein said one or more resistance arms comprise natural rubber, synthetic rubber, rubber latex, plastic, elastomer, nylon, foam, Velcro, or combinations thereof.

22. (New) The device of Claim 1 wherein multiple resistance arms includes a first set of multiple resistance arms affixed at a first attachment position and a second set of resistance arms simultaneously affixed at a second attachment position.
23. (Currently Amended) A method comprising:
positioning a conformable base having one or more ~~affixed~~ resistance arms affixed to the conformable base; and
~~exercising one or more body parts by manipulation of said~~ manipulating the one or more
affixed resistance arms in order to carry out a plurality of resistance training
exercises; and -
employing multiple resistance arms of varying strengths to achieve multiple levels of
resistance for each resistance training exercise.
24. (Withdrawn) The method of Claim 23 further comprising executing a plurality of resistance training exercises with said conformable base having one or more affixed resistance arms.
25. (Withdrawn) The method of Claim 24 further comprising providing multiple levels of resistance with said one or more affixed resistance arms for each resistance training exercise.
26. (Withdrawn) The method of Claim 25 further comprising employing multiple resistance arms of varying strengths to achieve said multiple levels of resistance.
27. (Currently Amended) The method of Claim 23 24 wherein employing multiple resistance
arms includes ~~further comprising~~ employing multiple resistance arms of similar strength to achieve ~~said~~ multiple levels of resistance.

28. (original) The method of Claim 23 wherein said one or more body parts comprise one or more muscle groups.
29. (original) The method of Claim 23 wherein said one or more body parts comprise one or more connective tissues.
30. (original) The method of Claim 23 wherein one or more body parts comprise any body part needing rehabilitation.
31. (original) The method of Claim 23 wherein exercising comprises rehabilitating.
32. (New) The method of Claim 23 wherein employing multiple resistance arms includes employing a first set of multiple resistance arms affixed at a first attachment position and a second set of multiple resistance arms simultaneously affixed at a second attachment position.
33. (Currently Amended) A resistance training device comprising:
~~A method of rehabilitation comprising: positioning a conformable base having one or more affixed resistance arms; and~~
~~exercising one or more body parts in a manner that promotes wellness.~~
a plurality of resistance arms of varying strengths affixed to a conformable base; and
a plurality of affixing positions on the conformable base, the plurality of affixing positions permitting the plurality of resistance arms to realize a plurality of arrangements;
wherein the plurality of resistance arms of varying strengths and plurality of affixing positions on the conformable base enable a plurality of resistance training exercises to be executed at a plurality of resistance levels.

34. (New) The device of claim 33 wherein the plurality of resistance arms includes a plurality of resistance arms of similar strength affixed to a conformable base.